



Ypsi Mix

312 N River Street, Ypsilanti MI

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www.ypsifoodcoop.org

A Peek at Produce

—By Jen Whaley

“It’s beautiful, but what do I do with it?” is a common sentiment from those unfamiliar with eggplant. Glossy and voluptuous, this intriguing vegetable of Indian origin is available in colors ranging from white, green, and orange, to the more common dark purple. Eggplant is related to tomatoes, potatoes, and, interestingly, tobacco (thus the bitterness of its seeds when uncooked). It is available locally through late autumn. Lovely, you say, but what do I do with it?



Eggplant is extremely porous and, like tofu, will readily absorb sauces and cooking fats, giving it a rich flavor when cooked. This makes it a favorite meat replacement in vegetarian dishes such as *Eggplant Parmigiana*.

Grilled eggplant is a favorite ingredient in Mediterranean cuisines. To grill, cut into ¼”-½” slices, brush with olive oil & salt, and cook until grill marks appear — or place under the broiler until soft and deeply browned. Serve with a dollop of pesto or goat cheese. Roasted eggplant is delicious as a dip (i.e. Baba Gannouj), or puréed into a soup with other seasonal veggies (zucchini, tomatoes, peppers). Whatever you do, do give eggplant a try!

Ypsi Food Co-op Celebrates the International Year of Cooperatives in Fall 2012

—By Lisa Bashert

Join YFC for two events this fall that will celebrate the International Year of Cooperatives and our innovative, member-centric business model.

Why are cooperatives innovative? Why alternative? Why celebrate Co-ops?

- Cooperative enterprises are member-owned, member-serving, member-driven
- Coops promote democratic principles
- Co-ops enable sustainable development

- Co-ops balance social **and** economic need
- Cooperatives provide a pathway out of poverty for women & youth

“Back to the Co-op Future” will take place at 7pm on Friday 9/28 at the Senior/Community Center (See Events pg 3) and focus on early roots of the cooperative movement. At 7pm on Friday 10/19 at the downtown Ypsi Library, we look deeply into YFC’s beginnings in 1975 and reflect on its future as a green and sustainable, thriving local business.

Co-op Rocks The Heritage Festival

—By Lisa Bashert



Co-op Friends at Heritage Festival Parade

Perfect weather graced Ypsilanti for the 2012 Heritage Festival. The Ypsi Food Co-op took good advantage!

About 70 people turned out for a taste of honey from YFC's Local Honey Project.

Tasters compared our own Co-op organic honey, lavender honey from New Mexico, Manuka honey from New Zealand, and Meijer's store brand. Project volunteer Jamie Berlin helped Lisa Bashert facilitate the honey tasting.

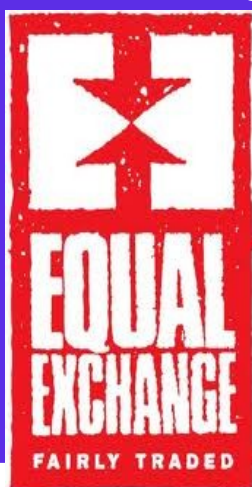
This year's Festival was **10%** powered by a 6KW solar installation. Working with Stefan Graf from IlluminArt on Michigan Ave, YFC's Solar Ypsi project installed a 26 panel, ground-mounted system. Solar Ypsi volunteer Dave Strenski and others were on hand to explain solar power and answer questions that

visitors to the Heritage Festival had about renewable solar energy.

Friends of the Freight House had our iconic Ypsi gathering spot open to the public over the weekend. The Co-op provided food and drink in the Freight House Café with the help of 14 volunteers. Sweets and pizza from the River Street Bakery oven and deviled eggs from the Deli Department brought welcome relief from fair food.

All in all, volunteers brought life to the Co-op presence at the Heritage Fest.

Thank you to all who helped out!



Equal Exchange Visits Co-op

—By Lisa Bashert

Equal Exchange staffers visited YFC in August to convey concerns about changes in fair trade certification now taking place. Maggie's Organics also confirmed that both fair-trade companies wish to see a continued emphasis on small farmers and farmer co-ops in certification.

Historically, the fair trade movement has excluded plantations from fair trade certification. But now, FairTradeUSA (formerly TransFair) is pushing to certify plantation produced goods. Critics from worker-owned companies like Equal Exchange charge that competition from the larger estates

will make it hard for small co-op farmers to survive. FairTradeUSA has entered into agreements with such companies as Whole Foods, Green Mountain Coffee, Sam's Club and Starbucks to certify products for them.

Learn more about these changes in this detailed article: <http://goo.gl/10Bkq>

Monday Sept 3 Labor Day

Co-op closed for the Labor Day holiday.

Thursday Sept 13 6:00-6:45pm

New Member Orientation

"Get to Know Your Co-op!" with a short slide show and a tour of the Food Co-op. All are invited.

Friday Sept 21, Potluck 6:00pm, Film 7:00pm

Film: "An Inconvenient Truth" at downtown Ypsi Library, 229 W Michigan Ave, Ypsi

Immediately following the 6pm Growing Hope Community Potluck—all are invited! The Sustainability Film Series is co-sponsored by YFC, the Ypsi District Library, Growing Hope, and Transition Town Ypsi. "An Inconvenient Truth" has won multiple awards as one of the most influential films about climate change. Monica Patel from AnnArbor350 will be present to update us on the present climate situation.

Begins Friday Sept 21 through Oct 9

Pianos 'Round Town!

Pianos will be available on the streets of downtown Ypsilanti and Depot Town for the third year. The Co-op will host a piano out front, so come play your heart out.

Sunday Sept 23 4:00pm

"Fair Food" Lecture at Unitarian Universalist Church, 4001 Ann Arbor-Saline Rd., Ann Arbor

Dr. Oran Hesterman will put forth a vision of a redesigned food system (and those already creating it) that is healthy for our families, healthy for our environment, and healthy for our communities. \$10 donation at the door.

Friday Sept 28, 7:00pm

"Back to the Co-op Future: Early Roots" at the Senior/Community Center, 1015 N Congress, Ypsilanti

All member/owners and shoppers are invited. We will show part of the film "Food For Change," and historian David Choberka will talk about cooperatives' history as an innovative business model in the USA and Europe.

Friday Oct 19 7pm — SAVE THE DATE

"Back to the Co-op Future: THE 1970s" at the downtown Ypsi Library

Celebration of cooperatives' history & future continues in October.

Sept Events

Local Vendor of the Month: Roseland Organic Farm

Roseland is a Michigan organic farm in which all roles are truly filled by family members. The founder of Roseland, John Clark, died in 2006, but son Merrill continues to farm, along with Lincoln and Shelly Clark (Farm and Store Managers) and their children Emily, Landon, and Grace who also raise chickens and hogs, and Toby Clark who manages the cow herd.

The farm includes a thousand acres in Dowagiac, free of all pesticide and synthetic fertilizer use, since 1978. Hundreds of those acres are devoted to the organic production of legumes, hay and vegetables, along with a 300-

head cattle herd that is organically-managed and 100% grass-fed. Products are sold at the small, on-farm market (bottom right) as well as locally distributed. Grass-fed beef and pork can be bought by the cut (or larger quantities) and are available at the Co-op in our freezer section.

Meats are USDA-inspected and are processed in a certified-organic family-owned processing plant in Rosebush, Michigan. The Clarks (top right) raise their cattle from birth, and you can be sure that Roseland Organic Beef is of the highest quality to be found anywhere.

—By Lisa Bashert



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Fall Focus on Fair Trade Products

- ♥ September is **Organic Harvest Month**. The Co-op will be offering Equal Exchange Bulk Fair Trade Coffee on sale throughout the month. Sale excludes decaf coffee.
- ♥ October is **Fair Trade Month and Co-op Month**. The Co-op will be offering Equal Exchange teas and chocolate bars on sale throughout the month. Equal Exchange is a worker-owned company!

Co-Cycle Pedals across USA for Co-ops!

—By Lisa Bashert

Co-cycle stopped at the People's Food Co-op in August and attended the Washtenaw Community Action Team's presentation on cooperatives as a way of life. YFC's general manager, Corinne Sikorski, got to attend the latter event on behalf of the Co-op.

Co-Cycle is traveling across the country in celebration of the International Year of Cooperatives, attending events and visiting co-ops in a youth-led bike tour that began in San Francisco, wound through Oregon, Mon-

tana, Minnesota, Wisconsin, Michigan, Ohio, and will end in Amherst, MA in September. Each event and stop was chosen to help strengthen regional cooperative networks, educate the general public, and galvanize awareness of, and support for, the cooperative movement and its capacity to catalyze social change. Co-cycle's journey is being documented by a film crew

of NYU students. The film hopes to highlight the importance of dedication, innovation, and teamwork in order to make positive sustainable change for the future. Inspirational!

